

# The Franciscan Center November 2024 Fitness Class Schedule



Monday Open 6:30am-7:00pm	Tuesday Open 7:30am-7:00pm	Wednesday Open 6:30am-7:00pm	Thursday Open 7:30am-7:00pm	Friday Open 6:30am-7:00pm	Saturday Open 8am-4pm	Sunday Open 8am-4pm
<p><b>*Reminder*</b> Sign up for <u>ALL</u> membership classes Stop by the desk or call 937-436-2203</p>	<p><b>Class Abbreviations</b> Core, S&amp;S- Core, Strength &amp; Stretch TRX® AS- TRX® Age Strong</p>	<p><b>KEY</b> A- Amy D- Diane S- Sandy K- Kendra L- Lina</p>	<p><b>BLUE- INTERMEDIATE</b> <b>\$\$- CLASS RED- ALL LEVELS</b> <b>CHARGE</b></p>	<p>1 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A</p>	<p>2 Open Fitness 8am-4pm</p>	<p>3 Open Fitness 8am-4pm</p>
<p>4 8am SSneakers Classic- A 10am Core, S &amp; S 1 hr- A 1pm Hawaiian Hula- L</p>	<p>5 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$</p>	<p>6 8am SSneakers Classic 9am Women on Weights-A 10am Wacky Wednesday-A</p>	<p>7 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$</p>	<p>8 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A</p>	<p>9 Open Fitness 8am-4pm</p>	<p>10 Open Fitness 8am-4pm</p>
<p>11 8am SSneakers Classic- A 10am Core, S &amp; S 1 hr- A 1pm Hawaiian Hula- L</p>	<p>12 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$</p>	<p>13 8am SSneakers Classic- A 9am Women on Weights- A 10am Wacky Wednesday-A</p>	<p>14 9am Tai Chi - D \$\$ 10:30am TRX® AS-K \$\$ 1:30pm Chair Yoga-S \$\$</p>	<p>15 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A</p>	<p>16 Open Fitness 8am-4pm</p>	<p>17 Open Fitness 8am-4pm</p>
<p>18 8am SSneakers Classic- A 10am Core, S &amp; S 1 hr- A 1pm Hawaiian Hula- L</p>	<p>19 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$</p>	<p>20 8am SSneakers Classic- A 9am Women on Weights- A 10am Wacky Wednesday-A</p>	<p>21 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 1:30pm Chair Yoga-S \$\$</p>	<p>22 9am Strength Training-A 10am POUND® 30 min- A 10:30am Zumba® Gold 30 min- A</p>	<p>23 Open Fitness 8am-4pm</p>	<p>24 Open Fitness 8am-4pm</p>
<p>25 8am SSneakers Classic- A 10am Core, S &amp; S 1 hr- A 1pm Hawaiian Hula- L</p>	<p>26 9am Tai Chi - D \$\$ 10:30am TRX AS- K \$\$ 12pm- Parkinson's Fit 1:30pm Chair Yoga- S \$\$</p>	<p>27 8am SSneakers Classic- A 9am Women on Weights- A 10am Wacky Wednesday-A</p>	<p>28 HAPPY THANKSGIVING Fitness Center CLOSED</p>	<p>29 Fitness Center CLOSED</p>	<p>30 Open Fitness 8am-4pm</p>	